

ABSTRACT

A stepping exerciser includes a pair of bars pivotally secured to a front portion of a base and each having an upper portion for being grasped by hands of users, and each having a lower portion
5 coupled to a wheel to rotate and drive the wheel when the bars swing relative to the base. Two- foot supports may be used for supporting the users. A brake device is disposed close to the wheel for braking the wheel, and a switch is disposed on the upper portion of one of the bars, to actuate the brake device to brake the wheel
10 with the hand of the user that holds the upper portion of the bar, without stopping the exerciser.